



**\$600**  
**FOR 12 WEEKS**

# LIFT HEAVIER

For perimenopausal, menopausal,  
& post menopausal women

**SMALL GROUP TRAINING WITH PERSONAL TRAINING DIRECTOR PAULA SANDOVAL**

**TUESDAYS & THURSDAYS**

**2:00PM - 3:00PM**

Join Paula for this weight training program created for perimenopausal, menopausal, and postmenopausal women. This program will provide transformative results, helping participants double their strength, gain confidence in the gym, and build a supportive community of strong women. Focusing on major strength training lifts, this is an incredible opportunity to enhance your fitness and connect with others on a similar journey. Register today and get ready to lift heavier and stronger!

**SPACE LIMITED TO 4 PARTICIPANTS.**

For more info or to sign up, contact Paula Sandoval: 707.521.2448 or [paulas@airportclub.com](mailto:paulas@airportclub.com)